

The Winooski Newsletter

A newsletter created in partnership by the City of Winooski and the Winooski School District.

JANUARY 2023



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Happy New Year!

By Sean McMannon, Superintendent of Schools

Dear Winooski Community,

I wish all of you a Happy New Year filled with health, prosperity, and fun!

As we enter 2023 I want to thank you for all you have done to support each other and WSD during the tumultuous times of the COVID-19 and Capital Project era. You have demonstrated an incredible level of collective commitment, flexibility, and care. We, at WSD, feel supported by our community and are grateful for your continued trust and collaboration.

The community now has an amazing new school campus to care for and utilize to help our students meet their true potential. In addition, the WSD campus can become the center of learning for Winooski residents of all ages and a place to invite members of our neighboring towns to build connections through art, music, sport, and an endless list of creative endeavors!

I would encourage you to dream about the possibilities! And none of this is possible without your continued support, collaboration, and innovative thinking combined with the necessary resources to bring community ideas to fruition.

Please stay connected to the FY24 WSD Budget process by reviewing relevant documents here: <https://bit.ly/wdsbudget> and connecting with board members: <https://bit.ly/wdschoolboard> about the FY24 budget.

Thank you for working with WSD to benefit our students!





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Welcome, 2023!

Tori Cleiland, Board of School Trustees

In so many ways, I am grateful for the invitation this new year extends. This is the right time for me to pause, reflect on the past year, reorient myself to the things that truly matter in my life, and be gracious to myself, acknowledging that I've done my best.

I recently stepped down as Board President to share and make space for new board leadership. Stepping up as Board President in the tumultuous times of August 2020, I recognized an unmet need for a thoughtful, onboarding, succession plan for board leadership. I shepherded the inaugural creation of a Vice Chair role for the WSD board. The board's skillful and dedicated colleague, Allison Burlock, was elected by the board as Vice Chair in July. For four months, Allison and I worked towards a seamless leadership transition. Kamal Dahal is now WSD's Vice Chair and these two strong leaders will serve our school and community admirably.

Another inaugural shepherding to enhance transparent leadership was creating formal board committees. In a collaborative effort, committees were formalized with a clear purpose, reporting, and limitations on authority. The meetings are announced to invite the public and meeting notes are published to inform the public.

The Superintendent Evaluation Committee (SEC) is one of the board's new committees. Evaluating the superintendent is an essential job for the board and having a formal committee to do this work was new and necessary. Policy Governance uses a primary method for evaluation which is a year-long policy monitoring process based on the policies the superintendent is responsible for upholding, evidenced by data. This is an important measurement. And, there are other elements worthy of measuring. To that end, the committee recommended to the board use the service of the VSBA's Evaluation process that added more elements beyond just policy. The evaluation also included Board/Superintendent Relationships, Business/Finance, Community Relations, Faculty & Staff Relationships, and Instructional Leadership. The board learned from this

process and will expand future evaluations to be more inclusive of the broad range of measures, including climate/culture and stakeholder input. Feedback is vital to healthy leadership.

The SEC has now repurposed itself as the Superintendent Search Committee. The committee will meet each Wednesday prior to the budget/board meetings. Once the board determines a national search consultant to lead us through the process, there'll be space for stakeholders to join in on focus groups to voice their vision for the district and the type of leader that would best serve our youth, families, and community. The search for WSD's next superintendent is pivotal for our collective future at WSD.

For a number of years, WSD has been remodeling learning, building systems, and structures to honor and engage every student as they build the needed skills and knowledges to graduate ready for college, career, and citizenship. And yet, the City-School Equity Audit pointed out that the work has not changed the systemic, inequitable, and predictable realities of which students will be more disciplined, less proficient, or not feel they belong based on race, poverty, and disabilities. Involving all voices at the table all along the way is the only way to true equity. The current mechanism that holds promise and inspiration is the Antiracism Steering Committee and Action Teams based on the student demands in 2020. There are students, community members, community partners, teachers, and administrators working toward equity and justice. Join the collaborative spirited teams to help create better conditions for each and every student. We have a whole new year ahead of us to collectively disrupt persistent inequities for Winooski's youth and families.

Peace to you and your family throughout this New Year!

1,000 Days Later!

By Gabby Hora, WSD Director of Communications

On March 18, 2020, the Winooski School District closed its main lobby door due to the COVID-19 pandemic. It remained closed for exactly 1,000 days through the pandemic and Capital Project.

The Capital Project has come to a close and the new Winooski School is fully open and operational. We are still putting some final touches on the space, including paint and furniture, but would like to cordially invite you to the **WSD Community Open House on May 12th from 5:00-7:00pm**. Hope to see you there!



School Board Update

By Steven Berbeco, Board of School Trustees

January represents so many things for so many of us. As one calendar year changes to the next, it's a time to celebrate the accomplishments of the past and look forward to the many wonderful things that are waiting for us in the new year: in our families as well as in our school community.

The school district's major renovation has greatly expanded our ability to offer so many wonderful opportunities to our students, from a fantastic performing arts center to new classrooms that are equipped with the latest technology. I hope that you will join us in celebrating the completion of this project with a Ribbon Cutting Celebration on January 18. More details to follow!

January also represents a time when the school board aims to complete its budgeting process. We work closely with the school administration and several community members who join our meetings as "Budget Buddies," and together we recommend a budget that meets the needs of our students from the pre-Kindergartens to our soon to graduate seniors. The budget

meetings are advertised on Front Porch Forum, FaceBook, and on the school district's website.

This January marks part of the upcoming transition in leadership for our district, as the school board engages in the challenging work of selecting our next superintendent. We look forward to community engagement in this effort and hope that you will offer your voice as an important part of the process. Please keep an eye out for information on a timeline and opportunities to participate.

Although Town Meeting Day is still a few months off, it's not too early to consider joining the school board! There are two seats out of five that will be up for the vote, and candidates can choose whether to run for a two-year term or three-year term. Please reach out to me at sberbeco@wsdvgt.org, or any of the board members, to learn more about the opportunity if you are interested.

Wishing you a happy and healthy new year!

A Journey to Bus Transportation

By Gabby Hora, WSD Director of Communications

A heartfelt thank you to all the community members and parents who stepped up to make sure bus transportation is an option for students attending the Winooski School District.

Several years ago, it was brought to the school board's attention that bus transportation was desired by, and necessary to many WSD families to ensure students arrived on campus dry, warm, and on time. After several attempts to answer this plea, including offering winter transportation, and partnering with Green Mountain Transit's public buses, the need to do something different became clear.

WSD leaders and community members came together with the common goal, to ensure stable year-round transportation to and from school for WSD students living .75 miles or further from campus. While the end goal was straightforward, the path to getting there was not.

A national shortage of bus drivers was the biggest hurdle. Mountain Transit, the contracted bus provider, did not have enough drivers to implement our routes. So Winooski got creative. An invitation was made to community members, specifically parents, to step forward and drive the bus. And the response was overwhelmingly positive.

Over the 2022 summer and fall, WSD alongside the Department of Motor Vehicles, and Mountain Transit supported candidates in studying for and taking the 5 required written permit tests, attending the



school bus clinic, completing 50+ hours of driving training, and taking the final driving test. We are so grateful for the collaboration of these groups.

These efforts resulted in enough trained and licensed drivers for Winooski to kick off limited bus transportation in December with plans for expanding routes in the new year.

This service is a game changer for many Winooski families and students and something we are proud to be able to offer.

We are grateful for the drivers and driver candidates who took the initiative to get licensed, it is not an easy process, you are the superheroes in this story!

NOTES FROM THE CENTRAL OFFICE

From the SRO Desk

By School Resource Officer Jason Ziter

Along with the new school entrance and bus transportation, WSD also adopted new Drop-Off and Pick-Up procedures. The innermost driveway loop is now open and used for DRIVE THRU DROP-OFF only in the morning. Drivers in this loop should NOT exit their vehicles to assist students out of the vehicle, this ensures a continuous flow of traffic.



Morning drop off:

There are 2 lanes in the loop closest to the school. The inner lane (closest to the school) is used for buses. The outer lane is for parents and guardians dropping off students. Vehicles should pull all the way forward and drop off when by the front entrance. Drivers should remain in their vehicles.

If you must exit your vehicle to assist your child, we ask that you park in the second loop or main lot, in a designated parking space to then assist your child into the school or to meet pre-school.



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George St is not a student drop-off or pick-up location.

There is no one there to offer supervision at the beginning of the day or at the end of the day. That parking lot is for **staff parking only**.

Afternoon / End of the day pick up:

JFK staff are no longer offering car-rider pickup in the second loop. We encourage students to ride the bus or walk home from school. If they need to be picked up, please park in a designated parking space and walk to the front to meet with classroom staff.

Please do not block or obstruct the driveway, as this is used so buses can access the front of the school or more importantly emergency vehicles.

There's Always Something Going on in the Winooski School District!

By Gabby Hora, WSD Director of Communications

- **Gingerbread House Building and Decorating**- Students built and decorated Gingerbread houses, demonstrating teamwork and collaboration. These masterpieces were later voted on by members of the WSD community.
- **Organization Meet and Greet**- WHS hosted an Organization Meet and Greet for students to network and learn about opportunities outside the classroom.
- **Alumni Panel**- WHS alumni visited the new PAC to talk with current students about their paths following graduation and how WHS shaped them.
- **Cultural Fashion Show**- WHS held a Cultural Fashion Show where students had the chance to showcase outfits that hold meaning to them or their culture.



NOTES FROM THE CENTRAL OFFICE

Professional Development for WSD Teachers and Staff

By Gabby Hora, WSD Director of Communications

Over the past couple of years, the Winooski School District took a critical look at our core programs and curriculum. We found that many of our elementary students were not meeting grade-level expectations in reading and math. On top of this, our exploration also revealed that our students and community desired a more transparent report card and transcript for students in grades 6-12.

Upon learning these things, WSD educators came together to find solutions to these issues, with the goal of providing the highest level of academic instruction and assessment possible. The following changes were made:

At the beginning of the 2022-2023 school year, WSD introduced and implemented new core programs in grades K-8: Expeditionary Learning, a knowledge-based program, Illustrative Math, which focuses on problem-solving and critical thinking, and Open Up Math which also focuses on problem-solving and critical thinking. All three are top-rated programs with proven records of student success. Since introducing these programs, WSD leadership staff have made it a habit to do monthly walk-throughs of classrooms to check in on student and staff progress. What they have seen is that while students are engaging with the material and making strides towards benchmarks, staff are needing more time to prepare and learn the new curriculum.

In addition to these new curriculum programs, WSD has also taken steps at WMHS to address student and family concerns, including implementing completely revised grading and reporting systems.

All of these changes have required our teachers to learn new ways to teach and assess students. This year we have squeezed this learning and planning into our regularly scheduled inservice times, which are already full. We have learned that in order to properly implement these new and exciting changes, our teachers and staff will need more time for learning in order to best serve your children.

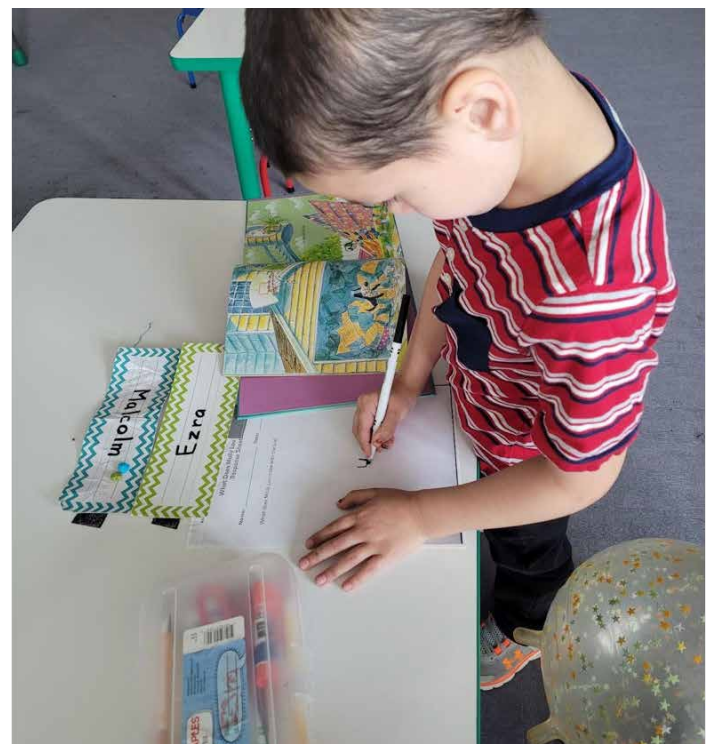
This brings us to where we are now. We need more time for our K-8 teachers to more deeply understand the new curriculums. We need time for our middle and high school teachers to work together on the revised proficiency model. And we need more time for teams to plan how they will provide additional support to students who need them.

Beginning in the 2023-2024 school year, we are proposing an adjustment to the current school schedule in order to allow an extra hour per week for teachers and staff to prepare. To do this we will either need to implement a weekly late start at 9:10am on Thursdays or a weekly early dismissal at 1:50pm on Thursdays.

We have heard parents' concerns about the inconvenience this will cause many, specifically involving childcare, and we want it to be known that addressing this concern is at the top of our priority list. We will not move forward until a solution is found.

Despite taking classroom time away from students, this adapted schedule will be beneficial to student learning as it will ensure the highest level of academic instruction and assessment. Teachers teach best when they are prepared.

We are very excited about these changes and can't wait to see the long-lasting effects they have on our student's academic growth. Per the WSD end statement, we intend to have all students graduate from WSD college and career ready and we believe these changes will help bring this to fruition.



NOTES FROM THE CENTRAL OFFICE

Antiracism Work Update

By Kayla Loving and Christie Howell

The Antiracism Steering Committee (ARSC) met on December 5th to discuss how to support the Action Groups and think of how to share its work with the community through events. Action Team leads were invited to join the meeting to share updates.

The Steering Committee also discussed the City of Winooski's budget which was presented the same night that the group was meeting. They talked about areas where the budget may or may not align with the committee's values and specifically how the City not having an Equity Director or Youth Interventionist might impact some of the committee's goals.

Here are updates from the Action Demand Groups:

1. **Truth and Reconciliation Commission:** They are thinking about how to prepare the community for Restorative Justice for Oakland Youth (RJOY)'s visit to Winooski. They want to plan events with art and food that will educate and allow the community to reflect on their experiences.
2. **Hiring and Retaining Teachers of Color:** The ARSC hasn't received updates from this group. A few members will follow up and also connect interested people and potential helpful contacts with this group.
3. **Ethnic Studies:** They are working on a framework to define Ethnic Studies using UCLA's Ethnic Studies guidelines as well as the Social Justice Standards. They are also hoping to find more ways to get the community involved in the vision for Ethnic Studies.
4. **Equity Review:** This group is planning to revisit the equity audit to identify the highlights and actionable items. They are planning on creating an accessible one-page document that shows the highlights of the equity audit. They are also planning to connect with the group that is focusing on addressing the results of the equity audit from the City's perspective.



5. **Civil Rights Workshops:** The ARSC hasn't received updates from this group. A few members will follow up with the group.
6. **Multilingual Learner Mentorship:** They have continued to stay in contact with Mentor Vermont who offered them a grant to start the program with the promise that the school would be able to fund the program to continue.

ANNOUNCEMENTS

The PTO Needs YOU!

By Molly Robin-Abbott

Do you want to help support students, teachers, and staff this school year? Join us at 6:00 pm on January 17th at the school. Share your ideas or help with current projects, including monthly staff appreciation events, school literacy support, a spring craft fair, parent athletic boosters, fundraising, and more. If you have questions or if you'd like to help but can't attend the

meetings, contact us at PTO@wsdvt.org. We are still looking for a secretary. If you are organized, like taking notes, and value timely communications, this could be the position for you.

To learn more about the PTO, visit <https://www.wsdvt.org/parents-families/pto/> or check out our Facebook page (Winooski PTO).

ANNOUNCEMENTS

McKinney Vento Homeless Assistance Act

By Katherine Blair, Director of Support Services

The McKinney Vento Homeless Assistance Act ensures educational rights and protections for children and youth experiencing homelessness. This legislation requires that all homeless children and youth have the same access to a free, appropriate public education as other children and youth in Vermont.

The goals of this legislation include:

- Identifying homeless children and youth
- Immediate enrollment and facilitation of enrollment disputes
- Ensuring access to school and appropriate educational services
- Reducing school transfers and supporting educational stability and continuity
- Increasing parental choice and involvement regarding school enrollment
- Ensuring the educational rights of an unaccompanied youth, and
- Providing information about the rights of homeless children and youth

Eligible children have the right to:

- Receive a free, appropriate education
- Enroll in school immediately, even if lacking documents normally required for enrollment
- Enroll in school and attend classes while the school gathers needed documents
- Enroll in the local school; or continue attending their school of origin (the school they attended when permanently housed or the school in which they were last enrolled), if that is the preference.

If the school system believes that the school selected is not in the best interest of the children, then the school system must provide a written explanation of its position and inform families of the right to appeal its decision.

- Receive transportation to and from the school of origin, if requested.
- Receive educational services comparable to those provided to other students, according to children's needs.

For more information on Education for Homeless Children and Youth visit Agency of Education: Homeless Education or contact the Winooski School District's Homeless Liaison, Katherine Blair, Director of Support Services, at (802)383-6085

WINOOSKI SCHOOL HEALTH CORNER

Health Office News

By Elizabeth Parris BSN, RN, NCSN

Happy New Year! We hope everyone had a peaceful holiday season. We want to extend our thanks to UVMMC Primary Pediatrics for administering over 100 flu shots to children during the SBHC hours of operation. It is not too late to get your seasonal vaccines. If you have not already done so, please reach out to your provider to see if the COVID or flu vaccines are right for you.

Dental News

By Tracy Towers, RDH, BS

Dental Services on-site at Winooski School District will begin in January 2023. We will be offering Preventive Dental Services (Dental Cleanings, Fluoride Varnish, and Silver Diamine Fluoride) to 1st and 2nd graders first. Please be on the lookout in your child's backpack for the Consent/Permission form. This is a great opportunity for our students to access dental care during the school day. This does NOT take the place of a Dental Exam with a licensed dentist. We are offering screenings for Preventive Services only. If your child requires a referral to a specialist or is due for a dental exam by a dentist we will be providing referrals for those services. Contact Tracy Towers at ttowers@wsdvt.org with any questions.



Veggie VanGo Program

By Gabby Hora, WSD Director of Communications

The Vermont Foodbank's Veggie VanGo Program continues to visit the Winooski School District every first and third Friday of the month. WSD students have the opportunity to go through the line to receive fresh produce from 8:45-10:00am. Following that, if there is produce leftover, parents and community members are invited to go through the line between 10-10:20am. Check out the WSD Facebook Page the night before each event to see what produce the Vermont Foodbank will be bringing.



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January Exposition “JanPo” of Learning

By Co-Principals Kate Grodin & Jean Berthiaume



Students in our high school have been preparing for our bi-annual Exposition of Learning sometimes called JanPo (January Exposition) or more commonly referred to as Expo. This is a time where students are expected to demonstrate where they are in regards to their learning of our Graduation Expectations (GXs). During Expos students highlight their

learning through the Graduate Expectations as either a capstone (necessary to graduate) or as a practice (preparation for the capstone). The week is designed for students to support and learn from each other’s presentations as well as be inspired by many

may get new ideas for their own educational path.

This year Expo will take place during the week of January 16-20. During this week high school students will have a different schedule to support students exhibiting either learning or participation as audience members providing constructive feedback to their peers. Please note that your student may have a different start time during this week. All students will choose two classes to present in, however, students are responsible for completing the work for all classes even if that class is not being used for a presentation during Expo Week.

As a reminder of our Graduation Expectations, they are our portrait of a graduate. GXs are the essential and transferable skills that students will need to be successful in their continued journey of learning after they graduate from high school. The GXs include: Communication, Culture & Community, Persistence, Well-Being, Creativity, and Critical Thinking.

Scout & Co. Display

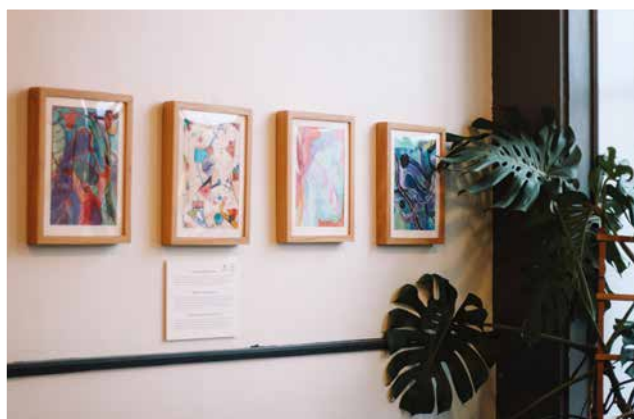
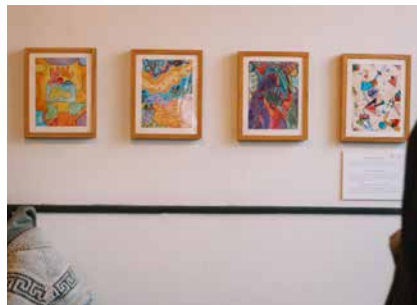
By Emily Jacobs, WMS Visual Arts Teacher

A new student art exhibit is now on display at Scout & Co. coffee shop! This exhibit features a selection of abstract artworks and new surrealist self-portrait by our 7th and 8th grade artists. The body of artwork will remain on display through the months of December and January.

Scout & Co. is located at 1 East Allen Street on the traffic circle in Winooski.

Student artists featured:

- Taraji B
- Nisha D
- Eh Gay H
- Moo July H
- Daijanique H
- Stella I
- Bora K
- Phoebe K
- Dahlia M
- Joyce M
- Jesse M
- Jafari M
- Mohamed M
- Esther N
- Prisca N
- Shrijan P
- Smarika R
- William S
- Yasmina S
- Hue V



Focus on Vermont Wildlife

By Emily Jacobs, WMS Visual Arts Teacher

Our 7th and 8th grade art students recently created wildlife artwork featuring species of animals found in Vermont. These talented young artists focused on creating realistic textures and depth in their compositions in order to bring the animals and their habitats to life. The works of art show not only a range of Vermont's wildlife species, but also a full range of seasons and other elements of nature in our state.

Many of the students plan to submit their work to the annual statewide Vermont Wildlife Art Contest, sponsored by the Vermont Wildlife Education Fund.



Mallard by Jazmine A, 8th grade



Fox in purple shadow by Joyce M, 8th grade



The Secrets of Vermont Rivers by Mu July, 8th grade



Divine by Smarika R, 7th grade



Reflections by Phoebe K, 8th grade



Snowshoe Hare by Prisca, 7th grade



Goodnight by Shriyan P, 7th grade

WINOOSKI SCHOOL MENUS



Winooski Hot Breakfast in the Cafeteria K-12 January 2023



Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets French Toast Sticks 1/2 English Muffin Sausage Links Assorted Fresh, Dried or Canned Fruit Milk Variety	3 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets Warm Cinnamon Bun 1/2 English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	4 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets Fluffy Pancakes Breakfast Scrambled Eggs 1/2 English Muffin Real Maple Syrup Assorted Fresh, Dried or Canned Fruit Milk Variety	5 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets Omelette Made to Order w/1/2 English Muffin 1/2 English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	6 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets Homemade Blueberry Muffin 1/2 English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety
9 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets French Toast Sticks 1/2 English Muffin Sausage Links Assorted Fresh, Dried or Canned Fruit Milk Variety	10 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets Warm Cinnamon Bun 1/2 English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	11 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets Fluffy Pancakes Breakfast Scrambled Eggs 1/2 English Muffin Real Maple Syrup Assorted Fresh, Dried or Canned Fruit Milk Variety	12 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets Omelette Made to Order w/1/2 English Muffin 1/2 English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	13 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets Homemade Blueberry Muffin 1/2 English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety
16 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets French Toast Sticks 1/2 English Muffin Sausage Links Assorted Fresh, Dried or Canned Fruit Milk Variety	17 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets Warm Cinnamon Bun 1/2 English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	18 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets Fluffy Pancakes Breakfast Scrambled Eggs 1/2 English Muffin Real Maple Syrup Assorted Fresh, Dried or Canned Fruit Milk Variety	19 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets Omelette Made to Order w/1/2 English Muffin 1/2 English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	20 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets Homemade Blueberry Muffin 1/2 English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety
23 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets French Toast Sticks 1/2 English Muffin Sausage Links Assorted Fresh, Dried or Canned Fruit Milk Variety	24 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets Warm Cinnamon Bun 1/2 English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	25 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets Fluffy Pancakes Breakfast Scrambled Eggs 1/2 English Muffin Real Maple Syrup Assorted Fresh, Dried or Canned Fruit Milk Variety	26 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets Omelette Made to Order w/1/2 English Muffin 1/2 English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	27 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets Homemade Blueberry Muffin 1/2 English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety
30 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets French Toast Sticks 1/2 English Muffin Sausage Links Assorted Fresh, Dried or Canned Fruit Milk Variety	31 Sausage & Cheese Croissant Egg & Cheese English Muffin Variety Oatmeal Packets Warm Cinnamon Bun 1/2 English Muffin Assorted Fresh, Dried or Canned Fruit Milk Variety	Please advise us if special meal accommodations are required for allergens or other special dietary needs.		

This institution is an equal opportunity provider.

Meals Are Free To All Students

Adult Breakfast \$2.90
Adult Lunch \$4.75
Milk \$0.50

Please Click Links Below for Nutrition Information on Daily Options:

Fresh, Dried, or Canned Fruit,
Skim White Milk, 1% White Milk,
& Fat Free Chocolate Milk
Offered With All Meals.

Milk Condiments

Fresh, Dried Or Canned Fruit

Pay for meals on-line. Click on Link Below:



Click Image Below for employment opportunities



Winooski Elementary School Lunch January 2023



Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Dress Your Own Burger on a Bun Hand Cut French Fries Maple Baked Beans Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	3 Chicken & Cheese Fajita Garden Salsa Mexicali Corn Spanish Rice Cajon Sour Cream Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	4 Cheese Pizza Veggie Pizza Steamed Carrots Roasted Beet Wedges Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	5 Cheesy Ravioli Bake Steamed Broccoli Tossed Garden Salad Garlic Breadstick Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	6 Oven Baked Chicken Nuggets Oven Baked Potato Puffs Seasoned Green Beans Dinner Roll Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety
9 Creamy Macaroni & Cheese Steamed Green Peas Fresh Carrot Sticks Homemade Cornbread Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	10 Golden Crispy Chicken Tenders Hand Cut French Fries Steamed Carrots Dinner Roll Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	11 Cheesy Breadsticks Marinara Sauce Tossed Garden Salad Roasted Beet Wedges Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	12 Oven Baked Corn Dog Oven Baked Potato Puffs Maple Baked Beans Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	13 Layered Chicken Bowl Chef's Mashed Potato Steamed Corn Homemade Dinner Roll Fresh Carrot Sticks Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety
16 Chicken Patty Sandwich w/Lettuce & Tomato Fresh Carrot Sticks Hand Cut French Fries Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	17 Taco Bar Shells Garden Salsa Seasoned Black Beans Fresh Celery Sticks Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	18 Cheese Pizza Veggie Pizza Fresh Broccoli Salad Fresh Carrot Sticks Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	19 Spaghetti w/ Meat Sauce Steamed Corn Fresh Celery Sticks Garlic Breadstick Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	20 Fluffy Pancakes Fresh Cucumber Sticks Sweet & White Homefries Real Maple Syrup Twin Turkey Sausage Patty's Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety
23 Dress Your Own Hot Dog Roasted Beet Wedges Tossed Garden Salad Vegetarian Baked Beans Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	24 Tater Tot Nachos Garden Salsa Cherry Tomato & Corn Salad Spanish Rice Fresh Celery Sticks Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	25 Cheese Pizza Veggie Pizza Seasoned Green Beans Fresh Celery Sticks Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	26 Alaska Pollock Fish Sticks Caesar Salad Sweet Potato Fries Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	27 Grilled Cheese Sandwich Creamy Tomato Soup Sprinkled w/ Cheddar Tossed Garden Salad Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety
30 Meatball Sub (Beef & Chicken Meatballs) Maple Baked Beans Garden Pasta Salad Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	31 General Tso Chicken Steamed Broccoli Steamed Carrots Yogurt Parfait Granola Fun Meal Assorted Fresh, Dried or Canned Fruit Milk Variety	Please advise us if special meal accommodations are required for allergens or other special dietary needs.		

This institution is an equal opportunity provider.

Meals Are Free To All Students

Adult Breakfast \$2.90
Adult Lunch \$4.75
Milk \$0.50

Please Click Links Below for Nutrition Information on Daily Options:

Fruit & Yogurt Parfait w/Granola,
Deli Turkey & Cheese Sandwich,
Sunbutter & Jelly Sandwich
w/Cheese Stick

Fresh, Dried, or Canned Fruit,
Skim White Milk, 1% White Milk,
& Fat Free Chocolate Milk
Offered With All Meals.

Deli Options K-8

Fruit & Yogurt Parfait w/Granola

Milk Condiments

Fresh, Dried Or Canned Fruit

Pay for meals on-line. Click Image Below



Harvest of the Month:
Beets

Click on the image above for more info on the Harvest of the Month!





Letter from the Mayor

By Kristine Lott

Hello Neighbors.
I hope you've been enjoying a mild winter and festive holiday season.

Kudos to Downtown Winooski and our local businesses for another successful

Holiday Pop Up shopping event. January brings a new year with new hopes. It also means that City Council and staff are well into the annual budget planning process, deciding what we should present to voters on the Town Meeting Day Ballot. Like many of you are experiencing, this budget is also seeing a significant impact from inflation and increasing costs.

There are three ways to retain our current level of services and meet some existing commitments:

- Increase the tax rate to 14.53%
- Increase the tax rate, but cut positions and services to lower the number to 11.62%
- Proposed: Increase the tax rate, but cut positions and services to lower the number to 11.62%, then use reserve funds to lower even further to 5%

In the proposed budget, using reserve funds would include a big portion of the American Rescue Plan Act (ARPA) federal grant money we've received to address COVID impacts. In FY25, we would then expect to cover this amount with and using some of the soon-to-be-available funds than available from paying off the Tax Increment Financing (TIF) loan (from redeveloping the downtown in the 2000s). The City Council will make final decisions at upcoming meetings which you can attend, in person, by phone, online with Zoom, or just reach out and share your thoughts:

- **Jan 17: Overall Budget Discussion**
- last chance to provide your thoughts on the City budget. Is the City spending your taxes the way you want?



- **Jan 23: Final Budget Vote/ Approval** - Winooski City Council will approve the City budget for the ballot in March.

After the budget is finalized and voted on, we will join School Leadership to host public presentations for all residents to learn more, ask questions, and feel informed about how their tax dollars are used and what the City provides with those funds. For full budget info, please visit winooski.vt.gov/fy24.

As a reminder, all legal residents of Winooski may vote on our local ballot items on Town Meeting Day, regardless of citizenship status. Legal voters may also consider running for City Council, as two seats are up for election every year - if you are interested in running, you can pick up a petition to collect 30 signatures and get your name on the ballot. Petitions are due back to City Hall Monday, January 30, 2023. If you're interested in serving the community, have an interest in local government, or feel your perspective is not represented right now, please consider running. I am happy to speak with anyone and share about the role and time commitment.

As always, feel free to reach out any time. klott@winooski.vt.gov / 802 766 1988



From Your Local Representatives

By Representative Daisy Berbeco

Happy holidays, neighbors! As we enter a new calendar year and the start of the legislative session, I want to share a broad overview of what we will be working on in Montpelier, and how you can stay involved and informed. Rep. Small and I are very united in our

appreciation for the unique needs of our community, as well as the importance of collaboration and connection throughout this upcoming term.

Legislators have been caucusing the past month to set policy agendas for the upcoming biennium, or two-year term. We meet in our major party caucuses as well as special focus groups, and discuss policy solutions to issues we hear from our constituents. The details are being drafted at this moment, so expect to see more in the first weeks of the session as the bills are introduced and assigned to a committee. You can watch on YouTube or in person at the State House, and I will include information about that on my website on the Get Involved tab.

It won't surprise anyone that housing is a clear priority across every district in the state. I will be working with my new colleagues to address affordability and availability of housing by looking at bills through a lens of whether they are equitable and inclusive of low income and diverse people, including multi-generational families.

A second priority that closely intersects with housing is child care. We know that affordable child care allows parents and guardians to find stable housing and contribute to the economy, and most importantly for children and communities to flourish.

Mental health and wellness have been a universal concern across Vermont and also a topic that came up across so many conversations here in Winooski. Mental health has been important to me personally and professionally, and I am already meeting with stakeholders to discuss where the levers are to meet the most critical needs for our community.

Please join upcoming monthly community conversations that Representative Small and I are hosting together, so that we can let you know the latest from Montpelier and also hear how we can support you and our neighbors. Our first conversation will be January 28 at the Community Center on Mallets Bay Ave. Watch our social media and websites for details. I look forward to working with you in 2023 and hope you have a safe and happy holiday season.

Could you use assistance with groceries or heating this holiday season? See my blog for links to financial assistance programs and applications at www.daisysforwinooski.com



Community Vision

This section of the Winooski Newsletter is designed to keep our residents and visitors informed of the progress being made in the City's Strategic Vision areas – or “community vision”. To learn more, visit winooski.vt.gov/about.

Economic Vitality

On December 5th, Elaine Wang, City Manager, presented the City Council with the City's Economic Vitality goals update, which notes the phase 1 completion of the City's wayfinding initiative, the adoption of municipal code amendments to incentivize priority housing, the ongoing efforts to expand the downtown designation, and more. You can view this update in the City Council section of our Agenda Center: winooski.vt.gov/agendacenter.

Municipal Infrastructure

The Municipal Infrastructure Commission met with the Finance Commission back in November to discuss the FY24 General Fund Capital Improvement Plan, which identifies City funding for assets, projects, land/building improvements, and vehicles. On December 15th, the Commission met to discuss their annual work plan and looked into a special weatherization program for Winooski residents.

Housing

On December 12th, Elaine Wang, City Manager, presented the City Council with the City's Housing goals update,

which notes the progress on updating our Public Building Registry Ordinance, assisting the Housing Commission with policy work, and launching the Winooski Housing Trust Fund. View this update in our Agenda Center or learn more about housing initiatives in Winooski at winooski.vt.gov/housing.

Safe, Healthy, Connected People

On behalf of our community and the Winooski Fire Department, the City of Winooski thanks the Fire and Rescue Departments of St. Michael's College, Vermont Air National Guard, Burlington, South Burlington, Colchester, Essex, and Williston for supporting our response to the structure fire at 72 East Allen Street last month. The efforts of about 70 firefighters and rescue personnel ensured the safety of our residents and prevented the neighboring buildings from being damaged.



COVID-19 Information

As we head into the colder months, the City of Winooski encourages our residents and visitors to do everything they can to prevent the spread of COVID-19.

Stay up to date on vaccinations.

Vaccines are the best tool we have to protect ourselves against COVID-19, especially from severe illness, hospitalization and death. Vermonters ages 6 months and older can get vaccinated, including with the new “bivalent” vaccines. Bivalent vaccines protect against older and newer strains circulating in Vermont. We strongly encourage you to protect yourself by getting vaccinated as soon as possible.

Stay home if sick.

Whether you have symptoms of COVID-19, the flu, or another contagious

illness, please stay home if you are sick and call your health care provider if needed. (If you don't have a health care provider, call 2-1-1.) This helps keep germs from spreading, protects those who may be at risk of serious illness, and gives you a chance to get well.

Continue to wear a mask in public.

While masking is no longer mandatory in Vermont, community members can still use this important preventative tool. Examples of high-quality masks are N95 or KN95 masks, which are very good at blocking the droplets from our breath that spreads the virus. You can also wear a well-fitting mask with at least two layers of tightly-woven fabric, or layer a disposable mask under a cloth mask to increase effectiveness.

Get tested when needed.

You can protect others by getting tested if you have COVID-19 symptoms or if you are a close contact of someone who tested positive for COVID-19, so you can decide whether to isolate. It's especially important to get tested if you are at higher risk for COVID-19, so you can reach out to your health care provider to ask about treatment. Free COVID tests are available at the Winooski Clerk's Office at 27 W Allen St., the Winooski Library at 32 Mallets Bay Ave, and the Winooski Senior Center at 123 Barlow St.

To learn more about preventing the spread of COVID-19, please visit healthvermont.gov/covid-19.



Reminders from the City Clerk's Office

Winooski City Hall will be closed on the following days:

- Monday, January 2, 2023 (New Year's Day)
- Monday, January 16, 2023 (Martin Luther King Jr Day)

WINOOSKI MUNICIPAL UPDATES

Interested in running for local office?

The following terms are up for election on Town Meeting Day (March 7th, 2023):

- Winooski City Councilor: 2-year term
- Winooski City Councilor: 2-year term
- Winooski School District Treasurer: 3-year term
- Winooski School District Trustee: 3-year term
- Winooski School District Trustee: 2-year term

Residents must file a Consent of Candidate form and acquire a petition with a minimum of 30 signatures (more are encouraged) that must be returned to the City Clerk's Office at Winooski City Hall (27 W Allen St) **no later than 5pm on January 30, 2023**. You may get these forms at winooski.vt.gov/vote or at the City Clerk's Office (M-F, 7:30am-4:30 pm).

2023 Dog Licenses will be issued on January 3rd. Please note it is Vermont State Law to license a dog (6 months or older) each year. To license your dog, we will need a currently valid rabies certificate. Each dog owner will need to license the dog on or before April 3rd. On April 4th, an additional late fee will be applied.

- \$14 (altered) on or before April 1st
- \$18 (un-altered) on or before April 1st
- On April 2nd, there will be additional late fees!

Town Meeting Day

Town Meeting Day is on March 7th from 7am to 7pm at the Winooski Senior Center (123 Barlow Street). Election, voting, and budget information can be found at winooski.vt.gov/townmeeting. This election is open to all legal residents, regardless of citizenship status.

To request an absentee ballot, please contact the Clerk's Office by phone or email: 802 655 6410 / clerk@winooski.vt.gov. You can also request online at mvp.vermont.gov.

Our next property and utility bills will be due on February 15th. Payments can be made online at winooski.vt.gov/pay or in person at Winooski City Hall. If we can be of any assistance, please contact us!



Citywide Reappraisal

The City of Winooski was ordered by the State of Vermont to complete a citywide reappraisal. State law requires Vermont municipalities to reappraise all forms of property when the Common Level of Appraisal (CLA) falls below 85% or rises above 115%. The purpose of the citywide reappraisal is to ensure that every property taxpayer is paying their fair share of (but not more than) property taxes.

The city-wide reappraisal will be completed in phases during a two-year process.

- On June 15th, the City of Winooski began to send out letters (street by street) to property owners requesting information or inspection.
- On July 1, the City's contracted appraiser began field work which includes a market study that establishes preliminary valuation tables and schedules for the reappraisal.
- If you are a property owner, please keep an eye out for one of these letters as we make our way through each address.

The new values are set to begin on April 1st, 2024 for the 2024-25 budget and tax year.

To view the full details and FAQs on this process, please visit winooski.vt.gov/reappraisal.



Annual Winter Parking Ban Reminder

Overnight street parking is prohibited in downtown Winooski from 2:30am to 6pm (December 1st to March 31st). For the rest of the City, winter parking bans are made on a case-by-case, weather-dependent basis or for area-specific snow removal where overnight street parking is prohibited from 11pm to 7am.

To receive up-to-date winter parking ban alerts, text 'Winooski' to 888-777 or register at nixle.com

- When issued, bans may last more than one evening and are in effect until further notice. The City of Winooski reserves the right to tow vehicles at the owner's expense.
- Landline users must retrieve their updates by calling the dedicated parking ban line at 802 655 3908.
- Winter parking ban signs (located on East Allen Street near the Exit 15 off-ramp and at the entrance to Winooski over the Burlington/Winooski Bridge) will flash when a winter parking ban is in effect.
- Overnight parking in the Winooski Parking Garage on Cascade Way is available (pay at kiosk or by ParkMobile app) 6pm to 7am.
- If you have questions regarding winter parking bans, please call 802 655 6410. If your vehicle has been towed, please contact Elite Auto and Truck Service and Sales: 802 497 0176

To learn more, please visit winooski.vt.gov/parking

Community Services Updates

Join the City of Winooski's Community Services Department on the first Friday of each month for a free activity hour for community members of all ages! Each month will feature a different type of drop-in group activity at the O'Brien Community Center from 4-5 pm.

Our First Friday on January 6th will be **Family Feud**, a trivia game based on the popular game show where players guess common answers to simple survey questions. Bring your own team of five members or form one with other attendees to begin competing. There will be a variety of prizes available for different age levels and interests!

- Friday, January 6th from 4-5 pm
- O'Brien Community Center, 32 Malletts Bay Ave
- Family Feud is recommended for ages 10+
- Drop-in; no registration required.



Recreation and Parks

winooski.vt.gov/rec

[f](#) [@winooskirec](#)

Youth Basketball League

- Grades K-2 Clinic: Jan. 7-Feb. 18
- Grades 3-4 Team: Weeks of January 3-February 18

Join local volunteer coaches* and Winooski Recreation and Parks staff for our youth basketball league this winter! Students in grades K-2 will participate in a weekly Saturday clinic. Students in grades 3-4 will practice one time per week (M-Th depending on volunteer availability) and attend Saturday games against neighboring town recreation teams. * We need volunteer coaches to run this program successfully! Please

contact Robin Merritt at rmerritt@winooski.vt.gov for more information and to support this program, as a volunteer. No prior coaching experience necessary. Positive attitude is a must!

Adult Yoga (18+)

- Vinyasa Flow: Wednesdays, January 4-February 15 @ 8:30-9:30am @ Winooski Senior Center

Looking to slow down, engage in low impact exercise, and practice living in the present moment? Join yoga practitioner Sarah Sears of Yoga Vermont in a 6-week yoga flow program.

*No class on January 18

Pickleball Court Rentals

- Open to adults 18+ / Wednesdays, January 4 - throughout the winter @ the O'Brien Community Center

Looking to continue your pickleball play throughout the winter? Rent a pickleball court at the O'Brien Community Center Gym with friends and other pickleball enthusiasts. Please save the date for our Pickleball Tournament on Saturday, January 28th! All team fees will go toward sponsoring program scholarships for community members.

Winter Adventures

- Grades 3-8: / Mondays, January 9-February 20 / 3-4:15pm

Looking to get outside this winter and participate in seasonal activities while exploring local parks and nature areas? Join us for exposure to winter sports like snowshoeing, ice skating, winter hiking, snow fort building, and more!

Youth Climbing

- Ages 9-12: Thursdays, January 12-February 16 / 3-4:45pm
- Ages 9-12: Thursdays, March 9-April 13 / 3-4:45pm

Winooski Recreation & Parks is partnering with MetroRock to offer rock climbing! Youth will work with coaches to learn the basics of climbing techniques, get comfortable with safe belaying, and build their confidence. Transportation is provided.

February Break Camp: LEGO Engineering with Wicked Cool for Kids

- Grades K-5: Monday, February 27-Friday, March 3
- 9am-3pm @ the O'Brien Community Center

Campers will solve STEM-based challenges by building contraptions using gears, flywheels, and cams. Design a spinning egg beater and a car that carries LEGO bricks!

Cartooning and Comic Book Club

- Ages 7-12: / Mondays, March 13-April 17 / 3-4pm @ the Winooski School District

Do you like drawing cartoons and comics? Join us to learn about cartooning, comic creation, and drawing. Collaborate with friends to create storylines, choose your dialogue, and create illustrations to produce your own comic book.

Soccer Referee Training

- Grades 9-12 / Mondays, March 13-April 3 @ 3:15-5:15pm @ Winooski School District

Are you a teen interested in obtaining a new skill set that could lead to a job opportunity in your community? Join us in this 6-week First-Time Grassroots Referee Certification. This is an amazing opportunity to bulk up your resume!

Safe Sitter Certification

- Grades 9-12 / Tuesdays, March 14-April 18 / 3:15-4:30pm @ Winooski School District

Are you a teen interested in obtaining a new skill set that could lead to helping out families in your community and earning some money? Join Community Services Admin and Outreach Assistant, Zahra Mohamed, in this 6-week babysitting training course to obtain your Safe Sitter Certification as well as an introduction to First Aid/CPR this spring. This is an amazing opportunity to bulk up your resume!

Lifeguard Training

- Grades 9-12 / Spring 2023 / dates and time TBD

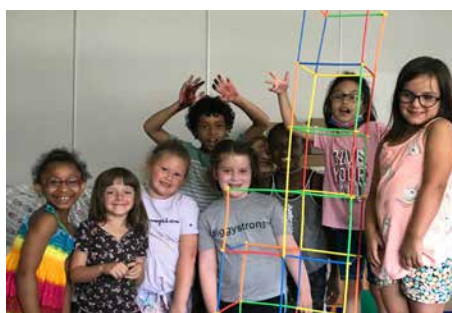
Stay tuned for our Lifeguard Training program announcement!

Trex Plastic Bag Recycling Challenge

Do you have an abundance of plastic bags you are looking to get rid of? Winooski Rec. is partnering with TREX's recycling challenge to collect 500 pounds of unwanted plastic materials by June 12, 2023 in exchange for an upcycled bench for a Winooski Park!

Donation locations:

- Winooski City Hall (M-F, 7:30am-4:30 pm)
- O'Brien Community Center (M-F, 9am-4pm)
- Winooski Senior Center (TU-THU, 9am-12pm)



Thrive After School

winooski.vt.gov/thrive

@thrivewinooski

Our state-licensed, 3 STAR childcare/enrichment program runs from 3pm to 5:30pm, Monday-Friday. We partner with WSD to provide a community where children in grades K-5 explore, learn, and grow during their after-school hours. During Thrive, students engage with creative arts, STEM and Makerspace activities, literacy skills, cooperative and socio-emotional learning, outdoor play, and more. Thrive costs \$19 per day enrollment or \$90 for full week. We accept state childcare subsidy as well as offer scholarships to families in need.

To learn more and sign up, please visit winooski.vt.gov/thrive.



Winooski Memorial Library

winooski.vt.gov/library

@winooskilibrary

1:1 Tech Assistance

The Winooski Memorial Library is excited to announce our partnership with USCRI Vermont to offer tech assistance to community residents! Do you have a new computer or device that you don't know how to use? Do you need help downloading ebooks or audiobooks to your smartphone, e-reader, tablet, or computer? Do you want to learn more about technology and have questions? Interested in checking out a library Chromebook? Join us at the Winooski Library on select Saturdays for 1:1 assistance and to learn new skills!

- Saturday, January 21 & 28 from 12-2pm
- Free to join, open to adults 18+
- Drop-in, no registration required

After School Games

Join us for endless possibilities of fun at the Winooski Memorial Library! Every Thursday after school we will gather to hang out and play with board games, toys, and Legos. We will also have simple craft projects available and many books for check out. Relax and unwind after school with old and new friends at the Library!

- Thursdays, 3:30-4:30pm
- Drop-in fun; no registration required
- Recommended for youth ages 5+
- Children 9 and under must be with an adult

Audiobooks, ebooks, & More!

Did you know that all Winooski Memorial Library cardholders have access to FREE online resources including audiobooks, ebooks, film streaming,

language learning, educational and professional development courses, and more? Visit our website at <https://winooski.vt.gov/library> or stop by the library with questions about access and/or additional information.

Dad Guild Playgroup

Join the Dad Guild for an afternoon of play and connect with other parents, guardians, and caregivers - all are welcome regardless of gender identity! This event is free and open to all.

- Saturday, January 21 from 12:30-2:00pm
- Children 0-5; parents, guardians, and caregivers.

About Dad Guild: Founded in 2019, Dad Guild is a 501(c)(3) nonprofit organization formed to create a supportive network for new fathers in the greater Burlington, VT region. They offer opportunities for dads to connect with one another, share their experiences, model positive father engagement, and advocate for parental equality.

English Conversation Group

We're excited to announce our partnership with USCRI Vermont to offer their English Conversation Group program! Join a weekly conversation group to practice English skills. Each week will have a different theme and new vocabulary to practice. Do you have a topic you would like to talk about? Join the conversation!

- Tuesdays from 11am-12pm
- Free to join, open to adults 18+

Free Produce Distribution

We've partnered with the Intervale Center to provide FREE local produce to our community members! Looking to add color and vibrancy to your next meal? Want to enjoy something fresh and amazing from a local Vermont farm? Drop by for our winter distribution!

- Wednesday, January 4 from 3:30-5:30pm @ in the O'Brien Community Center
- Please bring your own reusable grocery bags
- Seasonal item availability on a first-served basis

WINOOSKI MUNICIPAL UPDATES

Friends of the Winooski Library

The Friends of the Winooski Memorial Library is recruiting new members interested in supporting the values and mission of the Library! The Friends are a 501(c)(3) volunteer organization that aims to promote use of the library's resources, work to encourage contributions and lead fundraising efforts, and serve as an advocate of all things library in the community.

As a Friend, you might participate on the Board, attend quarterly meetings, help to create public support and awareness for the Library and its programs, raise money for capital campaigns or direct gifts for items not in the Library's own budget, sponsor and support Library programs and events, volunteer to work in the Library or on specific tasks, and/or something else of your choosing!

Membership is free and open to anyone in the Winooski community! Please reach with interest or questions to Nate Eddy, Library Director, at neddy@winooskivt.gov / 802 655 6424

Library of Things

Did you know the library has a collection of nontraditional items available for loan to Winooski cardholders? We call this our "Library of Things" and it includes such items as Chromebooks, snow shovels, birding backpacks, home and yard tools, board games, blood pressure kits, a telescope, and more! Stop by today and check-out something new!

Library Playgroup and Family Support

Join the Winooski Memorial Library for a fun playgroup for parents, caregivers, and young children ages 0-5. Meet at the Library for activities such as reading stories, movement exercises, and sing-alongs. Adults will also have the opportunity to talk about child development or just chat. Come connect with your child and meet other families within your community!

- Tuesdays from 10:30-11:30am

For more information, please reach out to Kirsten Wilson at kwilson@winooskivt.gov; 802 655 6424

Pokémon Club

Join us on Wednesdays at the Library for all things Pokemon! Franchise fans will get together to discuss their favorite cards, games, and TV episodes. Along with card trading, we'll have simple art projects and other activities for club members to enjoy while socializing at this weekly activity group.

- Wednesdays from 3:30-4:30pm
 - Drop-in, no registration required
- Youth 8+

STEAM Ahead Saturdays

Find us on Saturdays from 10-11:00 for our STEAM Activity hour. Each week will feature a new project for young learners that will engage the mind and introduce participants to science, technology, engineering, art and math-based concepts!

This program is intended for youth ages 5 and up, however parents are encouraged to partake! Youth should attend in clothing appropriate for art projects.

Weekly Storytime

Join us on Thursdays at 10:30am for our weekly storytime! We'll be reading our favorite books, singing songs, doing a little dancing, and sharing in fun! No registration required.

Winooski Reads Book Group

The Winooski Library is excited to offer a chance to participate in our Winooski Reads Book Club for adult readers (18+)! Join your friends and neighbors for a lively discussion of each month's selected title and share your thoughts, insights, and reactions to the book. Free to take part, email or call Nate Eddy, Library Director, at neddy@winooskivt.gov / 802 655 6424

Youth Graphic Novel Group

Winooski youth are invited to join a monthly drop-in graphic novel discussion at the Winooski Memorial Library! This month's read for January 20th is "Cardboard Kingdom" by Chad Sell. Patrons can borrow their own copy of the book from the Library to read before our first meeting.


- Friday, January 20 from 4-5pm
- Recommended for youth ages 10+
- Snacks will be provided!

Please reach out to Kirsten Wilson, Youth Services Coordinator, at kwilson@winooskivt.gov for more information or to sign up for email updates on this program.



Winooski Senior Center

winooskivt.gov/seniorcenter

 [@winooskiseniorcenter](https://www.facebook.com/winooskiseniorcenter)

TUESDAYS & THURSDAYS

Breakfast Café 9 to 11am

Everyone is welcome to drop in and join us on Tuesdays and Thursdays from 9-11am as we gather and converse with community members. Our eat-in Breakfast Café now features hot breakfast sandwiches, fruit, treats and beverages. Gluten Free and vegetarian options now available — priced by donation.

WEDNESDAYS

More than a Meal – Meals for Seniors, 10am-noon

In partnership with Age Well, we are offering Older Vermonters (60+) a nutritious take-out meal every Wednesday. We want to continue to support you being well at home and provide you with an opportunity to stay connected to your community while enjoying a healthy and deliciously prepared meal, and some goodies from us! Pick up between 10am-noon at the Center. Reservations must be made by noon the Thursday before the scheduled Wednesday meal. Please call us at 802 655 6425 or email us at seniorcenter@winooskivt.gov for the weekly menu and to register for this program. \$5 suggested donation to Age Well.

WINOOSKI MUNICIPAL UPDATES

Special programs at the Senior Center

Birthday Card Making

- Tuesday 1/3, 9-11am

Join us for a morning of Card Making with Mrs. Robinson. We'll provide everything you need to make beautiful handcrafted items. FREE!

Elvis Week

We'll be celebrating Elvis Presley's birthday all week with music, films, and great food. Join us for a Southern inspired Breakfast Cafe on 1/10, and a Luau

themed Birthday Party on Thursday, 1/12. By Donation.

Bone Builders

- Mondays and Wednesdays at 2-3pm

RSVP Bone Builders is an exercise program designed to prevent (and even reverse) the negative effects of osteoporosis. The program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures due to the disease. Bone Builders classes

fill a vital need for regular physical exercise as well as increased social interaction, both well-known components of healthy aging. FREE! No Program on 1/16

Meals on Wheels

If you know of an older Vermonter who has special nutrition requirements or is having difficulty with meal preparation, please call Age Well at 802 863 0360 to find out the eligibility requirements. No one is denied meals due to an inability to donate. Volunteer drivers are always needed.

AROUND WINOOSKI

Winooski Food Shelf Schedule for January

By Linda Howe, Winooski Food Shelf Coordinator

Wednesday, January 11th	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, and maybe diapers
Saturday, January 14th	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, and maybe diapers
Wednesday, January 25th	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, and maybe diapers
Saturday, January 28th	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, and maybe diapers

We are now back to our regular monthly schedule of the 2nd and 4th Wednesday afternoons and 2nd and 4th Saturday mornings of each month.

We have been fortunate to have been a recipient of the Diaper Bank in South Burlington. They were able to supply all the diapers our clients needed once Covid started and so many people were out of work! Unfortunately, they are no longer able to supply us with all the diapers our clients have requested. We will be limiting diapers and may be phasing them out. Any help or ideas would be appreciated! We have been supplying wipes and diapers to 250 babies just here in Winooski!

Thank you to everyone who had provided funds, food and toiletries to the Food Shelf in 2022. You are the reason we have been able to send food home to 1,300 people each month! Each family takes home a 2 to 3 day supply of food each time they come. Each family can come one Wednesday and two Saturdays each month.

We are asking for donations of cooking oil, dried beans, children's cereals, and condiments such as mayo, ketchup and mustard. Store bought packages of cookies are always appreciated.

Food Shelf Policy: Winooski residents coming for the first time should bring proof that they live in Winooski such as a utility bill or rental lease. Winooski residents may access the pantry staples one Wednesday each month. They may also come both Saturdays

to stock up on bread, pastry and some fresh fruits and veggies. Shaw's in Colchester and Winooski's own Commodities Natural Market help supply Saturday's food.

Where to find us: The Food Shelf is located in the United Methodist Church at 24 West Allen Street. We do not provide rides so please bring a wheeled cart or suitcase and some bags to lug your food home. The church phone number is 802-655-7371.

Cash donations needed: The Food Shelf is growing rapidly. More and more of the food must be purchased since donations of food items cannot meet demand. Checks can be mailed to: The Winooski Food Shelf, P.O. Box 53, Winooski, VT 05404. You may also donate at winooskifoodshelf.org.

Donation Drop Off Locations: Please do not leave food on our doorstep when we are closed. Instead, please bring unexpired and unopened food donations to: Commodities Natural Market, 65 Winooski Falls Way, phone: 448-3340. **We especially need toiletries: toothpaste, tooth brushes, deodorant, shampoo, disposable razors and toilet paper.** Thank you for caring about our neighbors!

Food Shelf Volunteers Needed: If you have some free time and would like to do some pickups and deliveries, pack food boxes, set up for food shelves or serve our clients, please reach out to us at our e-mail address: winooskifoodshelf@gmail.com. We especially need help serving clients on Wednesdays.

May 2023 Be Filled With Hope

By Sister Pat McKittrick

As I skimmed the internet I came across some wonderful quotes to begin the New Year. You'll recognize many of the names.

- "This is a new year. A new beginning. And things will change." —Taylor Swift
- "Tomorrow is the first blank page of a 365-page book. Write a good one." —Brad Paisley
- "Kindness, kindness, kindness. I want to make a new year's prayer, not a resolution. I'm praying for courage." —Susan Sontag
- "The future belongs to those who believe in the beauty of their dreams." —Eleanor Roosevelt
- "Learn from yesterday, live for today, hope for tomorrow." —Albert Einstein
- Cheers to a new year and another chance for us to get it right."—Oprah
- "All our dreams can come true, if we have the courage to pursue them."—Walt Disney
- "Life is an opportunity, benefit from it. Life is beauty, admire it. Life is a dream, realize it."—Mother Teresa

(<https://www.goodhousekeeping.com/holidays/a34898345/new-years-wishes/>)

There were many other quotes. Why did I choose these? They inspire HOPE. As we begin 2023, let us walk together with the intention of being kinder to each other. Let us have the courage to do what is right. To be mindful of the blessings we have received and to be willing to share with others.

As I continued to think about our Winooski Community, I came across an article by Dede Henley. In it she says, "Here are three steps to creating community that will generate high involvement and participation—and all of the benefits that brings:

1. Gather together people who have expertise and a stake in the issue. This increases commitment, because people are more likely to be committed to something they have had a hand in.
2. Encourage diverse perspectives. None of us is as smart as all of us.
3. Follow the energy of the community. See what emerges in the conversation."

Together we can make a difference. If we believe we can make a difference, we will make a difference. Today we hear a lot about Diversity, Equity and Inclusion (DEI). Let's work together to make our reality reflect an inclusive, just, strong and healthier community.

How Homesharing Helps Eliminate Social Isolation

By Ric Cengeri, Communications Specialist

In the November issue of The Winooski Newsletter, Sister Pat wrote an outstanding piece on social isolation and loneliness. As she noted in the article, "Recent studies indicate that one in three older people experience loneliness and that this seriously affects their physical and mental health."

Through 40 years of creating compatible matches, at HomeShare Vermont we have found that this is one the most important elements of homesharing.

In our most-recent annual Outcomes Survey, 80 percent of those sharing their homes say they feel less lonely. In addition, 73 percent feel happier and 45 percent say they feel healthier.

Homesharing allows seniors to age in place, provides people with disabilities to be more independent and finds or maintains affordable housing for individuals with low or moderate incomes. Homesharing also provides incredibly cost-effective housing, using existing housing stock.

HomeShare Vermont guests pay an average monthly rent of \$340 and a typical homeshare match lasts around 19 months. We conduct background and reference checks and interviews. Then, you decide which of our pre-screened candidates you'd like to live with. We're happy to speak with you about how homesharing can help *you* avoid social isolation. To learn more, call us at (802) 863-5625 or visit HomeShareVermont.org.





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WINOOSKI'S 2022 YEAR IN REVIEW





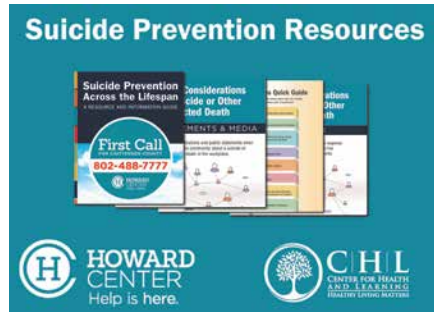



FIND ALL FEATURED PROGRAMS AT CCTV.ORG/WINOOSKI22

Howard Center Supports Vermonters

By Paul Detzer, Development and Communications Engagement Manager

Year after year, Vermont consistently has more suicides than the national average. Howard Center and the Center for Health and Learning are collaborating to provide Vermont businesses and community members with up-to-date information on suicide prevention.



Our goal is to give businesses a greater understanding of risk factors that lead to a suicide attempt so they can address those factors in their professional settings. This will include information on supporting people during the very difficult period after someone close to them dies unexpectedly or by suicide.

With funding from the Vermont Community Foundation, the two organizations are creating informational materials designed for use by employers to introduce suicide prevention messaging for employee manuals, orientations, and staff trainings.

Howard Center is leveraging its close ties with the business community to share these resources and offer technical assistance around their use.

With funding from philanthropic partners, the Howard Center is also looking to hire a Suicide Prevention Coordinator. The new position will add capacity and help coordinate with other efforts in the community.

As a community, it is important to reach out if we notice signs that someone is struggling. Here are some of the options that can offer treatment and intervention—day or night:

- Howard Center First Call for Chittenden County: 802-488-7777 (Local)
- Suicide Prevention Lifeline: 988 (National)
- Crisis Text Line: 741741 (National)

If someone is in immediate danger, call 9-1-1 or bring them to the local Emergency Department.

For more information and to access suicide prevention materials, visit howardcenter.org/suicide-prevention/ or call 802-488-6910. For information and to apply for the Suicide Prevention Coordinator position, go to howardcenter.org/career-opportunities.



Winooski Partnership for Prevention

By Kate Nugent, Director

Making it easier to talk about substance use

Most people have been affected by substance use in some way, and talking about it can help. How can we make it easier to talk about? One way may be to think about it in a new way. We can't really control how substances will affect us. They are like any other "disease vector," and just like with Covid-19, substances impact different folks differently. Substances like alcohol, tobacco, high-potency Cannabis, and Opioids all work chemically similarly in creating a reward response in the brain that triggers us to compulsively (against our will) use them, even after they have started causing problems for us socially, academically, and or professionally. Factors, such as how old we are when we first try them, impact how much a substance is likely to trigger an addiction. As a community and a prevention coalition, we are here to address those factors together to protect each other from acquiring this disease, and we know that we can do this when we do it together. Some ways are to remove some of the factors that lead to early substance use by making it less likely that we'll try a substance before age 21. Specifically, we can limit access (how many places substances are sold and how close to under-21-year-olds and those in recovery they are sold), promotion (marketing and advertising), increase the price (such as disallowing coupons from manufacturers that negate the sales tax), and regulating the product itself (like eliminating flavored tobacco, including menthol, products).



Learn more about the neurobiology of substance use in the Surgeon General's report here: <https://addiction.surgeongeneral.gov/executive-summary/report/neurobiology-substance-use-misuse-and-addiction>

Check out some resources:

- VT HelpLink can help those affected by substance use disorders: <https://vthelplink.org/>
- 802Quits helps folks quit smoking or vaping (for adults and teens): <https://802quits.org/>
- ParentUp VT: <https://parentupvt.org/resources>
- Your doctor or pediatrician



ParentUp VT

Ethiopian and Eritrean Food, yea!

Keep on the lookout for our February 9 free community dinner with Alganesh Michael, local chef and owner of A Taste of Abyssinia. Resources from the WPP. And thanks to additional funding, we will have more spots available. Sign up for our newsletter to find out first: www.WinooskiPrevention.org



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IMPORTANT NUMBERS IN WINOOSKI

WINOOSKI SCHOOL DISTRICT

www.wsdvt.org

Superintendent of Schools

Sean McMannon, smcmannon@wsdvt.org
802-383-6000

John F. Kennedy Elementary School

Principal: Sara Raabe
802-655-0411
sraabe@wsdvt.org

Winooski Middle and High School

Co-Principals: Kate Grodin and Jean Berthiaume
802-655-3530
kgrodin@wsdvt.org
jberthiaume@wsdvt.org

Board of School Trustees

Allison Burlock, 802-349-7018, aburlock@wsdvt.org
Tori Cleiland, *President*, 802-655-7678, tcleiland@wsdvt.org
Steven Berbeco, 858-376-7269, sberbeco@wsdvt.org
Kamal Dahal, 802-310-2821, kdahal@wsdvt.org
Dr. Alex Yin, 516-423-9601, ayin@wsdvt.org

CITY OF WINOOSKI

www.winooski.vt.gov, 802-655-6410

Mayor

Kristine Lott, 802-766-1988, klott@winooski.vt.gov

City Manager

Elaine Wang, 802-655-6410, ewang@winooski.vt.gov

City Councilors

James Duncan, *Deputy Mayor*, 802-310-7103, jduncan@winooski.vt.gov
Aurora Hurd, 802-734-7082, ahurd@winooski.vt.gov
Bryn Oakleaf, 802-448-2966, boakleaf@winooski.vt.gov
Thomas Renner, 802-922-3265, trenner@winooski.vt.gov

City Clerk

Jenny Willingham, 802-655-6410, jwillingham@winooski.vt.gov

Winooski Police

Emergency: Call 9-1-1
Non-emergency: 802-655-0221

Winooski Fire Department

Emergency: Call 9-1-1
Non-emergency: 802-655-6420



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